

全店 年末年始営業・休館日・臨時休館のご案内

2023年11月10日現在

●定期休館（定休日・年次休館） ◆臨時休館 ○施設の一部休館 ★セルフジム営業（ご利用権利のある方に限ります。）

| | | 2023年12月 | | | | | | | 2024年1月 | | | | | | | | | | | |
|-----------------------------|------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|--------|--------|--------|--------|--------|---|--|
| エリア | 店 舗 | 定 期 休館日 | 24 日 | 25 月 | 26 火 | 27 水 | 28 木 | 29 金 | 30 土 | 31 日 | 1 月 | 2 火 | 3 水 | 4 木 | 5 金 | 6 土 | 7 日 | 8 月 | ご 案 内 | |
| ティップ.クロス TOKYO 渋谷 | | 金 | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | |
| ティップ.クロス TOKYO 池袋 | | 火 | | ○ | ● | ○ | ○ | ○ | ● | ● | ● | ● | ● | | | | | | ○12/25(月)～12/29(金)まで、プールエリアは改修工事のため部分休館となります。 (他の施設はご利用いただけます。) 部分休館中の他店利用については、店頭にてご確認ください。また、1/4(木)は基本 営業時間の7:00より全館ご利用いただけます。 | |
| TIPNESS MARUNOUCHI STYLE | | 日 | ● | | | | | | ● | ● | ● | ● | ● | | | | ● | | | |
| 関 | 綾 瀬 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | |
| | イオンモール川口 | 月 | | ● | | | | | ● | ● | ● | ● | ● | | | | | ● | | |
| | 大 泉 学 園 | 金 | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | ●基本営業時間ご利用の方は、12/29(金)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/28(木) 23:00～翌12/29(金) 9:45までと12/29(金) 18:00～1/4(木) 9:45までは、日中も含めご利用いただけます。また、1/4(木)は 23:00よりご利用いただけます。(セルフジム営業時間のレッスンはございません。) | |
| | 大泉学園・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | 太 田 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 10:00までは日中も含め ご利用いただけます。 また、1/4(木)は23:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| | 太田・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | 王 子 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 9:30までは日中も含めご 利用いただけます。 また、1/4(木)は23:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| | 王子・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | 蒲 田 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | |
| | 鴨 居 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 9:30までは日中も含めご 利用いただけます。 また、1/4(木)は23:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| | 鴨居・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | 川 口 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | |
| | 川 崎 | 金 | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | |
| | 喜 多 見 | 金 | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | |
| | 吉 祥 寺 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/4(木)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 9:30までは、日中も含めご 利用いただけます。 また、1/4(木)は19:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| | 吉祥寺・セルフジム | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | |
| | 木 場 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | | ※休館予定にHOTLUXも含みます。 | |
| | 国 分 寺 | 金 | ◆ | ◆ | ◆ | ◆ | ◆ | ● | ● | ● | ● | ● | ● | ● | | ● | | | ◆11/24(金)～12/28(木)まで全館改修工事のため休館となります。1/4(木)は、基本 営業時間の9:45より営業いたします。 ●1/5(金)は定期休館日となります。 | |
| | 国 領 | 月 | | ● | | | | | ● | ● | ● | ● | ● | ● | | | | | ● | |
| 五 反 田 | 金 | | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | ●基本営業時間ご利用の方は、12/29(金)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/28(木) 22:00～翌12/29(金) 10:00までと12/29 (金) 19:00～1/4(木) 10:00までは、日中も含めご利用いただけます。また、 1/4(木)は22:00よりご利用いただけます。(セルフジム営業時間のレッスンはござ いせん。) | |
| 五反田・セルフジム | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| 駒 沢 大 学 | 水 | | | | ● | | | ● | ● | ● | ● | ● | ● | | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 9:30まで日中も含めご利 用いただけます。 また、1/4(木)は23:00よりご利用いただけます。 (セルフジム営業時間は、バーチャルレッスンのみ特別スケジュールにて実施いた します。) | |
| 駒沢大学・セルフジム | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| 三 軒 茶 屋 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/4(木)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 9:30までは、日中も含め ご利用いただけます。 また、1/4(木)は20:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| 三軒茶屋・セルフジム | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| 下 井 草 | 月 | | ● | | | | | ● | ● | ● | ● | ● | ● | | | | | ● | | |
| 新 小 岩 | 火 | | | ● | | | | ● | ● | ● | ● | ● | ● | | | | | | | |
| 新百合ヶ丘 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | ● | | | | | ※休館予定にHOTLUXも含みます。 | |
| 蘇 我 | 水 | | | | ● | | | ● | ● | ● | ● | ● | ● | | | | | | ●基本営業時間ご利用の方は、12/30(土)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 10:00までは日中も含め ご利用いただけます。 また、1/4(木)は23:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| 蘇我・セルフジム | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| 田 無 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| 鶴 見 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | ● | | | | | | |
| 東 武 練 馬 | 月 | | ● | | | | | ● | ● | ● | ● | ● | ● | | | | | ● | ●基本営業時間ご利用の方は、12/30(土)～1/3(水)は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4(木) 9:30までは日中も含めご 利用いただけます。 また、1/4(木)は23:00よりご利用いただけます。(セルフジム営業時間のレッス ンはございません。) | |
| 東武練馬・セルフジム | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |

全店 年末年始営業・休館日・臨時休館のご案内

2023年11月10日現在

●定期休館（定休日・年次休館） ◆臨時休館 ○施設の一部休館 ★セルフジム営業（ご利用権利のある方に限ります。）

| エリア | 店 舗 | 定 期 休館日 | 2023年12月 | | | | | | | 2024年1月 | | | | | | | | ご 案 内 |
|---------|------------|------------|----------|-----|-----|-----|-----|-----|-----|---------|----|----|----|----|----|----|----|--|
| | | | 24日 | 25日 | 26日 | 27日 | 28日 | 29日 | 30日 | 31日 | 1月 | 2月 | 3月 | 4月 | 5月 | 6月 | 7月 | |
| 関 | 中 野 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30（土）～1/4（木）は休館日となります。 ★セルフジム会員の皆様は、12/29（金）23:00～1/4（木）9:30までは日中も含めご利用いただけます。 また、1/4（木）は19:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 練 馬 | 木 | | | | | ● | | ● | ● | ● | ● | ● | | | | | |
| | 練馬・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 東 新 宿 | 木 | | | | | ● | | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30（土）～1/4（木）は休館日となります。 ★セルフジム会員の皆様は、12/29（金）23:00～1/4（木）9:30までは日中も含めご利用いただけます。 また、1/4（木）は18:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 東新宿・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 氷 川 台 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | ○12/20(水)～12/29(金)まで終日「プールエリア」改修工事のため部分休館となります。（他の施設はご利用いただけます。） 部分休館中の他店利用については、店頭にてご確認ください。また、1/4(木)は基本営業時間の9:30より全館ご利用いただけます。 |
| | 藤 沢 | 火 | ○ | ○ | ● | ○ | ○ | ○ | ● | ● | ● | ● | ● | | | | | |
| | 二 俣 川 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | |
| | 二俣川・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | ●基本営業時間ご利用の方は、12/30（土）～1/3（水）は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4（木）9:30までは日中も含めご利用いただけます。 また、1/4（木）は23:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 船 橋 | 月 | | ● | | | | | ● | ● | ● | ● | ● | | | | ● | |
| 東 | 瑞 江 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | |
| | 南 行 徳 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | ◆年末年始休館のほかに、12/26(火)～12/28(木)は、メンテナンス休館のため全館休館となります。 メンテナンス休館中の他店利用については、店頭にてご確認ください。また、1/4(木)は、基本営業時間の9:30より営業いたします。 |
| | 宮 崎 台 | 金 | | | ◆ | ◆ | ◆ | ● | ● | ● | ● | ● | ● | | ● | | | |
| | 宮 前 平 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | |
| | 武 蔵 藤 沢 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30（土）～1/3（水）は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4（木）10:00までは日中も含めご利用いただけます。 また、1/4（木）は23:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 武蔵藤沢・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 明 大 前 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | |
| | 横 浜 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | |
| | 六 本 木 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | |
| | | | | | | | | | | | | | | | | | | |
| 東 海・中 京 | 上 飯 田 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30（土）～1/4（木）は休館日となります。 ★セルフジム会員の皆様は、12/29（金）23:00～1/4（木）10:00までは日中も含めご利用いただけます。 また、1/4（木）は18:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 江 南 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | |
| | 浜 松 葵 東 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | |
| | 浜松葵東・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 藤 枝 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | |
| 関 | 石 橋 | 金 | | | | | | ● | ● | ● | ● | ● | ● | ○ | ● | ○ | ○ | ●基本営業時間ご利用の方は、12/29（金）～1/3（水）は休館日となります。 ★セルフジム会員の皆様は、12/28(木)23:00～翌12/29(金)9:00までと12/29(金)18:00～1/4（木）9:00までは、日中も含めご利用いただけます。また、1/4（木）は23:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） ○1/4(木)～3/31(日) は、ゴルフエリア改修工事のため部分休館となります。（他の施設はご利用いただけます。） |
| | 石橋・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 京 橋 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | ●基本営業時間ご利用の方は、12/30（土）～1/4（木）は休館日となります。 ★セルフジム会員の皆様は、12/29（金）23:00～1/4（木）9:30までは日中も含めご利用いただけます。 また、1/4（木）は18:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 高 槻 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | |
| | 高槻・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 宝 塚 | 木 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | ●基本営業時間ご利用の方は、12/30（土）～1/3（水）は休館日となります。 ★セルフジム会員の皆様は、12/29(金) 23:00～1/4（木）9:45までは日中も含めご利用いただけます。 また、1/4（木）は23:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 塚 口 | 火 | | | ● | | | | ● | ● | ● | ● | ● | | | | | |
| | 塚口・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |
| | 天 王 寺 | 金 | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | ●基本営業時間ご利用の方は、12/30（土）～1/3（水）は休館日となります。 ★セルフジム会員の皆様は、12/29（金）23:00～1/4（木）9:30までは日中も含めご利用いただけます。 また、1/4（木）は23:00よりご利用いただけます。（セルフジム営業時間のレッスンはございません。） |
| | 武 庫 之 荘 | 水 | | | | ● | | | ● | ● | ● | ● | ● | | | | | |
| | 武庫之荘・セルフジム | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | |

※各店とも休館期間中は、店頭での新規ご入会や各種お手続きを受付ておりません。予めご了承ください。（Web や iTIPNESS でのお手続きは可能です。）
※各店メンテナンス休館期間中の他店舗利用については、通常通り「権利外利用料」をお支払いいただきます。また、会費については、ティップネス会則第 24 条①④に則り、返金はございません。
※ 2023 年 11 月 10 日以降に日程変更が発生した際は、各店舗よりご案内いたします。
◆各店舗の営業時間はティップネスホームページ（<https://www.tipness.co.jp>）／iTIPNESS（<https://itipness.co.jp>）でご確認ください。 株式会社 ティップネス

●Closed for holiday (regular holiday/annual holiday) ◆Temporary closing ○Part of the facilities will be closed

★Hours of Operation - Self-service gym(Only for those people permitted to use.)

Please note that this schedule was prepared on 11th November, 2023.

| December 2023 | | | | | | | | | | | | | | | | | January 2024 | | | | | | | | Please note that this schedule was prepared on 11 th November, 2023. |
|---------------|--------------------------|---------------------------------------|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------------|-----|----------|---|---|--|--|--|---|
| Area | Branch | Regular closing days (of every month) | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | Comments | | | | | | |
| | | | SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | TUE | WED | THU | FRI | SAT | SUN | MON | | | | | | | |
| | TIP.X TOKYO SHIBUYA | Every Friday | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | | | | | | |
| | TIP.X TOKYO Ikebukuro | Every Tuesday | | ○ | ● | ○ | ○ | ○ | ● | ● | ● | ● | ● | | | | | | | ○From 12/25(Mon.) to 12/29(Fri.) the pool area will be partially closed for renovations, but other facilities will remain open. Please check at the store for information on the use of other stores during partial closures. Available as usual on 1/4(Thu.) from 7:00 a.m. | | | | | |
| | TIPNESS MARUNOUCHI STYLE | Every Sunday | ● | | | | | | ● | ● | ● | ● | ● | | | | ● | | | | | | | | |
| Kanto | Ayase | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | | | | | | |
| | AEON MALL Kawaguchi | Every Monday | | | ● | | | | ● | ● | ● | ● | ● | | | | | ● | | | | | | | |
| | Oizumigakuen | Every Friday | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | ●For normal business hours users, closed 12/29(Fri.) through 1/3(Wed.). ★Self-gym members can use the gym from 11:00 p.m. on 12/28 (Thu.), until 9:45 a.m. on 12/29 (Fri.), the following day and from 6:00 p.m. on 12/29 (Fri.), until 9:45 a.m. on 1/4 (Thu.), in addition to daytime hours. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | | |
| | Oizumigakuen・Self-gym | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | | |
| | Oota | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 10:00 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | | |
| | Oota・Self-gym | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | | |
| | Oji | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | | |
| | Oji・Self-gym | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | | |
| | Kamata | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | | | | | | |
| | Kamoi | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | | |
| | Kamoi・Self-gym | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | | |
| | | Kawaguchi | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | | | | | |
| | | Kawasaki | Every Friday | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | | | | | |
| | | Kitami | Every Friday | | | | | | ● | ● | ● | ● | ● | ● | | ● | | | | | | | | | |
| | | Kichijoji | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/4(Thu.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 7:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | |
| | | Kichijoji・Self-gym | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | |
| | | Kiba | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | | ※HOTLUX is included in the schedule for closing. | | | | |
| | | Kokubunji | Every Friday | ◆ | ◆ | ◆ | ◆ | ◆ | ● | ● | ● | ● | ● | ● | | ● | | | | | ◆In addition to being closed during the year-end and New Year holidays, The entire building will be closed from 11/24(Fri.) to 12/28(Thu.) due to renovation work. Available as usual on 1/4(Thu.) from 9:45 a.m. ●1/5 (Fri.) will be a regular closing day. | | | | |
| | | Kokuryo | Every Monday | | ● | | | | | ● | ● | ● | ● | ● | | | | | | | | | | | |
| | | Gotanda | Every Friday | | | | | | | ● | ● | ● | ● | ● | | ● | | | | | ●For normal business hours users, closed 12/29(Fri.) through 1/3(Wed.). ★Self-gym members can use the gym from 10:00 p.m. on 12/28 (Thu.), until 10:00 a.m. on 12/29 (Fri.), the following day and from 7:00 p.m. on 12/29 (Thurs.), until 10:00 a.m. on 1/4 (Thu.), in addition to daytime hours. You can also use the facilities from 10:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | |
| | | Gotanda・Self-gym | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | |
| | | Komazawadaigaku | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (self-gym business hours will be held on a special schedule for virtual lessons only.) | | | | |
| | | Komazawadaigaku・Self-gym | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | |
| | | Sangenjaya | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/4(Thu.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 8:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | |
| | | Sangenjaya・Self-gym | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | |
| | | Shimoigusa | Every Monday | | ● | | | | | ● | ● | ● | ● | ● | | | | | ● | | | | | | |
| | | Shinkoiwa | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | | | | | | |
| | | Shinyurigaoka | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | ※HOTLUX is included in the schedule for closing. | | | | |
| | | Soga | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 10:00 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | |
| | Soga・Self-gym | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | |
| | Tanashi | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | | | | | | |
| | Tsurumi | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | | | | | | |
| | Tobunerima | Every Monday | | ● | | | | | ● | ● | ● | ● | ● | | | | | ● | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | | | | | |
| | Tobunerima・Self-gym | | | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | | | | | |

Schedule through the end of 2023 and the beginning of 2024

●Closed for holiday (regular holiday/annual holiday) ◆Temporary closing ○Part of the facilities will be closed
★Hours of Operation - Self-service gym(Only for those people permitted to use.)

| Area | Branch | Regular closing days (of every month) | December 2023 | | | | | | | | January 2024 | | | | | | | | Comments |
|--------------|-------------------------------|---------------------------------------|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------------|----------|----------|----------|----------|----------|---|---|--|
| | | | 24 SUN | 25 MON | 26 TUE | 27 WED | 28 THU | 29 FRI | 30 SAT | 31 SUN | 1 MON | 2 TUE | 3 WED | 4 TUE | 5 FRI | 6 SAT | 7 SUN | 8 MON | |
| Aired | Nakano | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | |
| | Nerima | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/4(Thu.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 7:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Nerima・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | Higashi-Shinjuku | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/4 (Thu.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 6:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Higashi-Shinjuku・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | Hikawadai | Every Wednesday | | | | ● | | | ● | ● | ● | ● | | | | | | | |
| | Fujisawa | Every Tuesday | ○ | ○ | ● | ○ | ○ | ○ | ● | ● | ● | ● | ● | | | | | ○From 12/20(Wed.) to 12/29(Fri.) the pool area will be partially closed for renovations,but other facilities will remain open. Please check at the store for information on the use of other stores during partial closures. Available as usual on 1/4(Thu.) from 9:30 a.m. | |
| | Futamatagawa | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Futamatagawa・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | Funabashi | Every Monday | | ● | | | | | ● | ● | ● | ● | ● | | | | ● | | |
| | Mizue | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | |
| | Minamigyoutoku | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | |
| | Miyazakidai | Every Friday | | | ◆ | ◆ | ◆ | ● | ● | ● | ● | ● | ● | | ● | | | ◆In addition to the year-end and New Year holidays,the whole building will be closed from 12/26(Tue.) to 12/28(Thu.)due to maintenance closure.Please check at the store for the use of other stores during maintenance closures. Available as usual on 1/4(Thu.) from 9:30 a.m. | |
| | Miyamaedaira | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | |
| | Musashi-Fujisawa | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 10:00 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Musashi-Fujisawa・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| Meidaimae | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | | |
| Yokohama | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | | |
| Roppongi | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | | |
| Tokai-Chukyo | Kamiida | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | | |
| | Konan | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | |
| | Hamamatsu Aoihigashi | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/4(Thu.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 10:00 a.m. You can also use the facilities from 6:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Hamamatsu Aoihigashi・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | Fujieda | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | |
| Kansai | Ishibashi | Every Friday | | | | | | ● | ● | ● | ● | ● | ● | ○ | ● | ○ | ○ | ○ | ●For normal business hours users, closed 12/29(Fri.) through 1/3(Wed.). ★Self-gym members can use the gym from 11:00 p.m. on 12/28 (Thu.), until 9:00 a.m. on 12/29 (Fri.), the following day and from 6:00 p.m. on 12/29 (Fri.), until 9:00 a.m. on 1/4 (Thu.), in addition to daytime hours. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). |
| | Ishibashi・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | ○From 1/4(Thu.) to 3/31(Sun.) the Golf area will be partially closed for renovations,but other facilities will remain open. | | |
| | Kyobashi | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | | |
| | Takatsuki | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/4(Thu.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 6:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Takatsuki・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | Takarazuka | Every Thursday | | | | | ● | | ● | ● | ● | ● | ● | ● | | | | | |
| | Tsukaguchi | Every Tuesday | | | ● | | | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:45 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Tsukaguchi・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |
| | Tennoji | Every Friday | | | | | | ● | ● | ● | ● | ● | ● | ● | | | | | |
| | Mukonosou | Every Wednesday | | | | ● | | | ● | ● | ● | ● | ● | | | | | ●For normal business hours users, closed 12/30(Sat.) through 1/3(Wed.). ★Self-gym members will be open for use, including during the daytime, from 12/29 (Fri.) 11:00 p.m. to 1/4 (Thu.) 9:30 a.m. You can also use the facilities from 11:00 p.m. on 1/4 (Thu.). (no lessons during self-gym hours). | |
| | Mukonosou・Self-gym | | | | | | | ★ | ★ | ★ | ★ | ★ | | | | | | | |

* Neither store accepts new registrations or procedures at the store during the holiday period.
* If you use another store during the maintenance holiday period of each store, you will be required to pay the non-rights usage fee as usual.
* There is no refund of membership fees under Article 24 ①④ of the TIPNESS Club Rules.
* The store will notify you if your schedule changes after November 10th,2023.
◆Please check the TIPNESS website for the opening hours of each store. TIPNESS HP(<https://www.tipness.co.jp>), iTIPNESS(<https://itipness.co.jp>) **TIPNESS LIMITED**